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SHARING.

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Ottawa artists: Laying roots or flying the coop?

Arboretum Festival.

Panellists will discuss reasons why they left — or stayed in — the nation's capital



LUCY SCHOLEY
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It's a question the organizers of the Arboretum Festival — and likely many other artists in the city — have wrestled with: why leave or stay in Ottawa?

That topic is up for discussion at the launch of this year's festival on Monday. "Why I left Ottawa" will feature a panel of artists and musicians who have left, come back to or moved to the capital from another city. It includes Kathleen Edwards,

Remi Theriault, Olivier Fairfield and Emmanuel Sayer.

But despite the cultural lure of bigger cities like Toronto and Montreal, more artists are choosing to build their careers in Ottawa, according to Rolf Klausener, the Arboretum Festival's artistic director.

"There's a larger network of artists producing work and creating work and then showing work and actually communicating with each other," he said. "The scenes aren't as disparate as they used to be. They seem to be more intertwined. There's a lot of collaboration."

Klausener, who plays in Ottawa indie band The Acorn and dancey DJ group Silkken Laumann, said he took a break from touring in 2011 and started noticing a growing arts scene in the city.

"I started seeing this huge upsurge in local events, and

the restaurant scene was just busting at the seams. I felt really compelled to not only stay but I felt compelled to showcase it," he said.

That's why he started the Arboretum Festival, a not-for-profit organization founded in 2012 with the goal of promoting Ottawa's new music and best-kept secrets.

This year it has expanded to a six-day festival in venues across the city and Gatineau.

Klausener said the "heart and soul" of the event will be the outdoor shows at 2 Daly Ave. on Friday and Saturday, which include Kevin Drew of Broken Social Scene, Hiltz, the Constantines, Chad VanGaal and Fiftymen.

Arboretum Festival runs Aug. 18-23. An all-week pass costs \$50, while Friday and Saturday mainstage passes cost \$25 and \$30, respectively.



'HUMANITARIAN ISSUE'

Demonstrators march down O'Connor Street toward the Israeli embassy in Ottawa on Sunday to show their support for Palestinians and condemn civilian casualties in Gaza. Protest organizers called on Prime Minister Stephen Harper to reconsider his hard-line stance on the conflict. Story, page 2. JOE LOFARO/METRO

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Threatening note left. Justin Trudeau 'extremely troubled' after break-in

Justin Trudeau says he and his family are "extremely troubled" after their Ottawa home was broken into Saturday morning while his wife and children slept.

The Liberal leader himself was working in Winnipeg at the time.

"Obviously we're extremely troubled with this," Trudeau said in Montreal.

"My family has decided they're actually coming to join me in Montreal today because they don't want to stay in the house tonight."

Liberal party spokeswoman



Liberal leader Justin Trudeau
ADRIAN WYLD/THE CANADIAN PRESS

Kate Purchase said that everyone in the family is safe and nobody was harmed.

Purchase says, to her knowledge, nothing was taken. A threatening note was reportedly left on the premises.

THE CANADIAN PRESS

Man knocked unconscious during beating in Hull

Gatineau police say an Ottawa man is not co-operating with investigators after he was beaten unconscious near a Hull bar Saturday night.

The man was involved in a fight outside Le Bistro bar on Rue Kent before walking to a nearby parking lot with two friends, according to police. Another fight broke out in the parking lot, where the victim was beaten unconscious.

Police were called just after 3 a.m. to the scene to find the man unresponsive. Police said one of the victim's two friends, who did not identify himself when they arrived, fled the scene.

The victim's other friend called the man who fled on his mobile phone asking him to return and speak to police.

"When he came back he had his shirt (inside out), he had blood on him, he was evasive a little bit, nervous," said Lt. Patrick Vaillancourt with Gatineau police.

"A bunch of things that told us he might have been involved."

Police arrested the third friend and detained him while paramedics sent the victim to hospital with bruises on his face and a minor concussion.

He regained consciousness in hospital at around 11 a.m.,

at which point he told police the person they arrested did not assault him.

The victim, however, refused to co-operate with the investigation and wrote in a statement that he does not want to press charges, police said.

The suspect was released shortly after 11 a.m.

"It was a bar fight that unfortunately turned bad. Fortunately, he's feeling better now and he's going to be OK," said Vaillancourt.

Since the victim is not co-operating, police said the case is closed.

JOE LOFARO/METRO

Local demonstrators call on Canada to support Palestinians

Conflict. Concerned activists march to show their solidarity with the people of Gaza



JOE LOFARO
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Shouting into a megaphone, Shabad Saini's voice echoed throughout the quiet streets of downtown Ottawa on Sunday, denouncing Prime Minister Stephen Harper's unshaken support of Israel and its campaign against Hamas militants.

The Montreal resident came to Ottawa to help organize and facilitate a rally, which saw approximately

150 demonstrators march from the Department of Foreign Affairs and International Trade headquarters on Sussex Drive to the Embassy of Israel on O'Connor Street.

Concerned activists marched to show their solidarity with Palestinians as a five-day ceasefire between Hamas and Israel entered its final day.

Saini said the Canadian government has so far been one-dimensional and asked for Harper to revisit his stance on the Israeli-Palestinian conflict in light of a rising number of civilian deaths in Gaza.

"Instead of always attacking Hamas and talking about the fact that they launch rockets into Israel and just repeating the same



Outside the Israeli embassy in downtown Ottawa, a young girl writes her name on a large Palestinian flag during a demonstration on Sunday in support of the people of Gaza. JOE LOFARO/METRO

rhetoric that Israel is just defending itself, how about looking at the facts that civilian targets have been directly hit by missile attacks?" said Saini in an interview during

the protest.

Nearly 2,000 Palestinians have been killed — most civilians — and more than 10,000 people have been wounded since the war began July 8, ac-

cording to United Nations figures. In Israel, 67 have been killed, three of them civilians.

The demonstration included speeches from Peter Larson of the National Council on Canada-Arab Relations and Nadia Abu-Zahra, professor of international development and global studies at the University of Ottawa.

Outside the embassy, men, women and children wrote their names on a large Palestinian flag that stretched from one end of O'Connor Street to the other between Queen and Albert streets.

"You don't have to be Arab or Muslim or any specific ethnic background to be in solidarity with Gaza," said Saini.

"This is a humanitarian issue."

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Greg and Reenie Boyer of Laguna Beach, Calif., enjoy a cold one during the final day of the National Capital Craft Beer festival. DENIS ARMSTRONG/METRO

Rain halves beer fest attendance

Craft brews.

Organizers say they only got 6,000 people for the three-day event

DENIS ARMSTRONG
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Attendance at the third edition of the National Capital Craft Beer festival, which wrapped up Sunday night, was half what organizers had hoped for.

Executive producer Phil Dangerfield was planning on 12,000 for the three-day event. Instead, he got half that — 6,000 — thanks largely to the cold, wet and unsummer-like weather.

However, nobody at clos-

ing time was crying into their beer.

While the craft beer industry has been growing in popularity around the world, small independent breweries have been popping up across the capital so quickly that legislators are having a hard time keeping up. More than 25 craft breweries, including Beau's, Perth Brewery and Beyond the Pale, have opened in the Ottawa area over the last five years, and that's a trend that Dangerfield sees continuing for the foreseeable future.

That's cause for a lot of optimism.

"With so many craft brews in Ontario coming onto the market, this is a great opportunity to get our liquid onto lips," said Chris Sinden from the Lake of Bays Brewery.

"The weather is not what you hope for, but the folks here didn't seem to mind. It's nice to see so many smiling faces."

In Ottawa on vacation from Laguna Beach, Calif., tourists Greg and Reenie Boyer bought a three-day pass so they could try new beer after seeing the city.

"It's a nice way to experience the city. We're having a great time," said Greg.

"Craft beer is becoming a very competitive industry," added Dangerfield. "With so many brands going to market, this is a good opportunity to sample and enjoy regional beers."

In the meantime, Dangerfield is already thinking about his next event: a whiskey sampler called Whiskey Ottawa at the Westin Hotel on Oct. 4.

Redblacks pay tribute to Big Joe with 3rd jerseys

They may be near the bottom in the CFL standings, but the Ottawa Redblacks are league leaders when it comes to fashion trends on the field.

The team will unveil a third uniform Monday — a red and black jersey with striking plaid inserts running down the side and a dramatic plaid helmet with no team logo.

It's a bold look. Big Joe would be proud.

The uniform was designed by Reebok, with input from Redblacks and CFL brass. Ottawa Sports and Entertainment Group President Jeff Hunt said the team wanted a unique uniform with a clean, modern look, but also one consistent with the team's heritage.

Fans will get their first chance to see the new jersey — minus the cool plaid helmet — on Aug. 24, when the team hosts the Calgary Stam-

peders.

They'll go the full monty with the new uniform-and-helmet combination on Sept. 26 when they suit up to play the Montreal Alouettes.

"I think it's a really exciting look for our team, one that's definitely outside the box," said Hunt.

"We wanted to build on the buzz we've created with the team, the stadium and now with the new-look uniform. We wanted to show something new every game. The stadium has great energy, Lansdowne is almost finished and looks great, our operations are improving and the team will become more competitive. Fortunately, every other team in the East is struggling too, so we might have a shot at the playoffs."

The Redblacks are currently in third place in the East with just one win and six losses.



Redblacks starting quarterback Henry Burris shows off the team's new third jerseys, which it will unveil at its next home game on Aug. 24.

COURTESY OTTAWA REDBLACKS

Rideau Street

Man arrested with handgun

Ottawa police arrested a 27-year-old man who was caught with a loaded handgun on Rideau Street early Saturday morning.

Ismail Ismail was arrested and charged with several offences, including possession of a dangerous weapon, careless use and handling of firearms and possession of a firearm obtained by crime, among others.

Ismail was scheduled to appear in court on Sunday morning.

TREVOR GREENWAY/METRO

McCarthy Road

Police investigate after gunshots heard

Police in Ottawa are investigating after gunshots rang out in the 3200 block of McCarthy Road early Sunday morning.

Shots were reported around 6 a.m., and the department's Guns and Gangs Unit is continuing to investigate.

Anyone with information is urged to contact police at 613-236-1222 ext. 5050 or Crime Stoppers at 613-233-8477 (TIPS) or toll free at 1-800-222-8477.

TREVOR GREENWAY/METRO

Flag raisings

Pride Week kicks off today

Mayor Jim Watson will proclaim Pride Week in Ottawa on Monday as several city facilities show their colours with ceremonial flag raisings throughout the day.

The Pride flag will be raised at Ottawa Police Services headquarters, the OC Transpo Articulated Bus Dispatch building, Bylaw and Regulatory Services headquarters, Ottawa Fire Services headquarters and the Ottawa Paramedic Service headquarters throughout the day. METRO

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For cyclists whose wheels fail, there's a bike shop on wheels

Mobivelo. Stuck with a flat on the side of the road? Well, it's all in a day's work for this bicycle repair van

DENIS ARMSTRONG
ottawa@metronews.ca

If you needed a bike mechanic in the past, you had to bring your wheels to the shop — but a new Ottawa company is now bringing the shop to your bike.

Their plan was to make Mobivelo one of the first truly portable bike mechanic shops in the city, capable of repairing mountain, commuter and racing bikes on the spot, whenever and wherever they need help.

After years of seeing a steady stream of cyclists carrying their broken bikes into the shop and leaving them for weeks, mechanic and competitive cyclist Jonathan Palframan and his wife Tifenn Vialatte saw their opportunity.

Operating out of a Mercedes van that's been converted into a proper bike shop, Mobivelo covers the capital region, as far as Wakefield, to repair bikes while you wait.

On the road since June, Mobivelo has predictably proven popular with weekend racers and mountain bikers in Gati-



Jonathan Palframan and his wife Tifenn Vialatte are taking bike repairs on the road this summer — where they're needed most. CONTRIBUTED

neau Park, where accidents happen and the need for roadside mechanical services is greatest.

What they didn't expect was how popular the service would be with urban commuters downtown and gyms with

spinning classes.

"My customer is the person who doesn't want to be without their bike for long," Palframan explains.

"They need good work done fast. That's where we come in. We offer more ser-

vice and more convenience to the customer."

The company offers three packages, beginning with a commuter's special for \$40, a regular tune-up for \$70 and the full monty for \$180, as well as a wide range of a la

carte services online at mobivelo.ca and their Facebook page.

In other cycling news, the capital's latest bicycle-sharing program, CycleHop, relaunches in spring 2015. Formerly known as Capital

Bixi, the company will roll out operations at four downtown locations. CycleHop, which already operates bike-sharing programs in Orlando, Tampa, Phoenix, Atlanta and Louisville, took over Ottawa's Bixi program in April.

The '40-70 Rule' aims to make tough talks about parents' golden years not so tough

Your mother is in her 70s. She's still driving, living in her house and independent.

Now may be the right time to plan for downsizing, talk about when to hand over the car keys and sort out her finances — but that sort of end-of-life conversation is not easy, especially when she's still in good health.

A North America-wide seniors support network is encouraging Canadians to have that talk with their parents earlier.

According to a survey by Home Instead Senior Care, about 70 per cent of Canadians do not broach topics with their

parents — including dating, finances and living arrangements — until there's a medical crisis like a stroke or heart attack. Those scenarios can put stress on a family that has no plan.

The organization came up with the "40-70 Rule" program, which encourages middle-aged children to have those conversations with their parents earlier.

The program — named because when many people approach 40, their parents are approaching 70 — started in 2008, but now there's a downloadable action plan to help

families discuss tough issues together.

"A lot of children think they can just move their parent to a retirement home and don't involve their parent in the decision-making process," said Lesley Sullivan, the owner of the Ottawa chapter of Home Instead Senior Care. "They think that's going to give them peace of mind, and that's not fair. There are lots of alternatives to going into a retirement home."

The 40-70 Rule program is available for free at 4070talk.com.

So how do you approach these topics?

Find the right moment. If your parent mentions that her friend recently decided to stop driving, use that as a segue. "We have never talked about when you should give up driving" or "Have you ever thought about when you should stop driving?" might be a gentle way to lead into it.

Put yourself in their shoes. Give up driving for a day or two. Then you will know what it's like to suddenly hand over your keys.

Decide together. Remember that this is a family conversation and not your choice to make alone. LUCY SCHOLEY/METRO



Lanore MacKenzie, left, spends time with her daughter Jayne Patrick in her room at Wellington Terrace Long Term Care Home in Fergus. METROLAND NEWS SERVICE

Settlement nears for N.S. orphans alleging abuse

Class action. Former residents of a Nova Scotia orphanage closer to receiving their shares of \$29M settlement

Fifteen years after going public with his story of child abuse, Tony Smith says he can't believe the day has come when a multimillion-dollar settlement involving a Halifax-area orphanage stands on the verge of being finalized.

The opt-out deadline for the \$29-million class-action settlement is Monday, a day the self-described survivor of the Nova Scotia Home for Colored Children says is a dream come true.

"It's like a burden had been lifted off of my back,"

Deadline

- Should the deadline pass, former residents will be entitled to \$29 million.
- If the settlement passes its last hurdle, disbursements from the \$29 million will start flowing to former residents. About 250 have identified themselves.

said Smith, who went public with his story in 1998. "I never thought it would happen."

Former residents of the home allege they suffered physical, psychological and sexual abuse mostly at the hands of caregivers while living in the orphanage, which operated for nearly 70 years.

If five or more former residents withdraw from the settlement by Monday, the terms of the agreement would allow the provincial government to pull out of the deal. As of Friday, the law firm representing the claimants and the province said they had received no submissions opting out of the deal.

None of the allegations of abuse were ever tested in court, and under the terms of the settlement the province does not admit liability.

Lawyer Ray Wagner described the case as transformative, both for a province coming to terms with a history of systemic racism and for the former orphans. If too few opt out, the \$29-million settlement will be added to the \$5-million deal reached with the orphanage in 2013. **THE CANADIAN PRESS**



Enjoying every last gram of his freedom

Marijuana activist Marc Emery smokes from a bong featuring the word "Freedom" during his return party on Sunday in downtown Vancouver. Hundreds gathered to welcome Emery, Canada's self-styled "Prince of Pot," home after he spent more than four years serving a prison sentence in the U.S. **BEN NELMS/THE CANADIAN PRESS**

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People defy a curfew on Sunday before tear gas was fired to disperse a crowd protesting the shooting of teenager Michael Brown on Aug. 9 in Ferguson, Mo. CHARLIE RIEDEL/THE ASSOCIATED PRESS

U.S. orders federal autopsy of Missouri teen shot by police

'Extraordinary circumstances.'

Fatal shooting of an unarmed black teen on Aug. 9 has prompted protests in Ferguson

U.S. Attorney General Eric Holder on Sunday ordered a federal medical examiner to perform another autopsy on a black Missouri teenager whose fatal shooting by a white police officer has spurred a week of raucous and sometimes violent protests in suburban St. Louis.

The "extraordinary circumstances" surrounding the case of 18-year-old Michael Brown, and a request by Brown's family members, prompted

the order, Department of Justice spokesman Brian Fallon said in a statement.

"This independent examination will take place as soon as possible," Fallon said.

U.S. President Barack Obama — who has been getting regular briefings on the situation while on vacation — was also to be briefed by Holder upon returning to the White House on Monday.

The Justice Department's latest announcement followed the first night of a state-imposed curfew in Ferguson, which ended with tear gas and seven arrests after police dressed in riot gear used armoured vehicles to disperse defiant protesters.

Missouri State Highway Patrol Capt. Ron Johnson said protesters weren't the reason

for the escalated police reaction early Sunday morning after the midnight curfew took effect, but rather a report of people who had broken into a restaurant and taken to the roof, and a man who flashed a handgun in the street.

Also overnight, a man was shot and critically wounded in the same area, but not by police; authorities were searching for the shooter.

The protests have been going on since Brown's death heightened racial tensions between the predominantly black community and mostly white Ferguson Police Department, leading to several run-ins between police and protesters and prompting Missouri's governor to put the Highway Patrol in charge of security.

THE ASSOCIATED PRESS

Fears of more infections rise after Ebola clinic looted

Liberian officials fear Ebola could soon spread through the capital's largest slum after residents raided a quarantine centre for suspected patients and took items including bloody sheets and mattresses.

The violence in the West Point slum occurred late Saturday and was led by residents angry that patients were brought to the holding centre from other parts of Monrovia, said Tolbert Nyenswah, assistant health minister, on Sunday.

Up to 30 patients were staying at the centre, and many of them fled at the time of the raid, said Nyenswah. Once they are located, they will be transferred to the Ebola centre at Monrovia's largest hospital, he said.

West Point residents went on a "looting spree," stealing items from the clinic that were likely infected, said a senior police official, who insisted on anonymity because he was not authorized to brief the press.

The residents took medical equipment and mattresses and sheets that had bloodstains, he said. Ebola is spread through



A health worker, left, helps a colleague with his equipment on Saturday in Monrovia, Liberia. ABBAS DULLEH/THE ASSOCIATED PRESS

bodily fluids including blood, vomit, feces and sweat.

"All between the houses you could see people fleeing with items looted from the patients," the official said, adding that he now feared "the whole of West Point will be infected."

Some of the looted items were visibly stained with blood, vomit and excrement, said Richard Kieh, who lives in the area.

The incident creates a new

challenge for Liberian health officials who were already struggling to contain the outbreak.

Liberian police restored order to the West Point neighbourhood Sunday. Sitting on land between the Montserrado River and the Atlantic Ocean, West Point is home to at least 50,000 people, according to a 2012 survey.

Distrust of government runs high in West Point, with rumours regularly circulating that the government plans to clear the slum out entirely.

Though there had been talk of putting West Point under quarantine should Ebola break out there, Nyenswah said no such step has been taken. "West Point is not yet quarantined as is being reported," he said.

Ebola has killed 1,145 people in West Africa, including 413 in Liberia, according to the World Health Organization. Other countries across Africa are working to prevent Ebola's spread with travel restrictions, suspensions of airline flights, public health messages and quarantines.

THE ASSOCIATED PRESS

Ukraine. Army troops enter rebel-held territory

Army troops have penetrated deep inside a rebel-controlled city in eastern Ukraine in what could prove a breakthrough development, the Ukrainian government said Sunday.

Ukraine's national security council said government forces captured a district police station in Luhansk on Saturday after bitter clashes in the Velika Vergunka neighbourhood.

Weeks of fighting have taken their toll on Luhansk, which city authorities say has reached the verge of a humanitarian catastrophe. The siege has brought ground delivery of basic provisions to a halt and

cut off power and water.

The area is just across the border from where a large Russian aid convoy is poised to cross with supplies intended for Luhansk and other afflicted zones. The Red Cross, which would have responsibility for distributing the aid, said the main holdup was a lack of security guarantees from all sides.

A large X-ray machine was brought to the Russian crossing point, and Paul Picard, the head of a border-monitoring mission from the Organization for Security and Co-operation, said it would be used to inspect cargo.

Fighting is also affecting

Aid convoy

Part of the aid convoy headed to the frontier crossing on Sunday, but then stopped.

- The convoy of nearly 270 vehicles has been marooned for days in a town near the border amid objections from Ukraine, which initially complained that the mission was not authorized by the International Committee for the Red Cross.

the city of Donetsk. Ten civilians have been killed and eight wounded in the past 24 hours, city authorities reported Sunday. THE ASSOCIATED PRESS

Pakistan

Politician tells protesters to stop paying taxes

A Pakistani cricketer-turned-politician called on thousands of anti-government protesters on Sunday to stop paying taxes and practise civil disobedience until Prime Minister Nawaz Sharif steps down, raising fears of instability in the nuclear-armed U.S. ally.

Imran Khan, who heads

Parliament's third-largest bloc, made the announcement at a rally in the capital, calling for Sharif to step down over alleged voting fraud in the May 2013 election. Khan also warned that his supporters would take over Parliament if Sharif does not resign in two days.

Khan and cleric Tahir-ul-Qadri have mounted protests that have brought thousands of people into the streets in Islamabad. They accuse Sharif of rigging the election. THE ASSOCIATED PRESS

United Kingdom

Scotland divided on independence, opinion polls show

One month before a referendum, two opinion polls show that Scotland's voters are narrowly divided on whether to leave the United Kingdom.

Sunday's published polls both found that a majority of decided voters want Scotland to stay within the U.K. alongside England, Wales and Northern Ireland.

But they found support for independence growing ahead of the Sept. 18 vote.

A poll for the Scotland on Sunday newspaper put support for U.K. membership at 47 per cent, up 2 points; support for independence at 38 per cent, up 4 points; and undecided voters at 15 per cent.

Another survey commissioned by the pro-independence campaign found 46 per cent support for the U.K., 42 per cent for independence and 12 per cent undecided.

THE ASSOCIATED PRESS

Public criticism

SeaWorld pledges renovations, funds for more research

After more than a year of public criticism of its treatment of killer whales, SeaWorld said Friday that it will build new, larger environments at its theme parks and will fund additional research on the animals along with programs to protect ocean health and whales in the wild.

The Orlando, Fla., com-

pany said the renovations have been in the works for some time and that they are not a response to the documentary Blackfish or the criticism of the company that followed the release of the film.

The company's shares, which are trading near their lowest point since SeaWorld listed its stock on public markets last year, rose Friday. But it remains to be seen if the renovations will fully address concerns about keeping large marine mammals in captivity. THE ASSOCIATED PRESS

Does your pension plan work for you?



HOW TO ROLL
Alison Griffiths
metronews.ca

Few Canadians know what's going on in their personal RRSPs, let alone the ins and outs of their workplace plans. In fact, the 2012 BMO Wealth Institute report on workplace pensions found that 51 per cent of Canadians had no idea what kind of features they wanted in a pension plan.

Time to wise up! At the very least you should know what kind of pension you have. Here are the four predominant workplace plans:

1. Defined Benefit Plan

A shrinking number of lucky Canadians have a DBP. From 1991, the percentage of Canadian workers covered by DBPs has dropped from 41 per cent to roughly 30 per cent today.

DBPs pay a guaranteed retirement income based on earnings and years of service. However, they are not without risk, as the employees of Nortel Networks and Eaton's know all too well.

2. Defined Contribution Plan

These plans combine contributions from the employee and the employer. While



Making the right investment choices for your workplace pension early could mean caviar instead of cat food during retirement. GETTY IMAGES

only 17 per cent of workplace pensions are DCPs, the number has doubled in the last 20 years and is expected to triple in the next 10, making them the dominant type of workplace pension.

With DCPs, employers aren't responsible for the payout. Instead, the quality of the investments and the management will dictate returns.

3. Group RRSP

These are actually savings vehicles just the same as individual RRSPs. One advantage is that the money is accessible before or after retirement. Of course, income tax may be levied on

Just the stats

Would Canadians change jobs for a better pension?

- 9% Very likely
- 28% Somewhat likely
- 40% Not very likely
- 23% Not at all likely

SOURCE: BMO WEALTH INSTITUTE

the withdrawals. DC plans, on the other hand, are completely or partially inaccessible until retirement.

4. Pooled Registered Pension Plan

Created in 2012, these are employer-sponsored but contributions by your boss aren't mandatory. PRPPs are also available to the self-employed who have always been shut out of workplace pension plans. Once an employer offers a PRPP, employees are automatically registered with the option to opt out within 60 days.

Remember, all plans, except DBPs, require your participation. Making appropriate investment choices at the start can mean the difference between cat food and caviar during retirement.



Whistler Blackcomb riding a 3Q high

The Chateau Whistler lies in the background as Brandon Semenuk of Whistler flies through the air during the Red Bull Joyride at Crankworx in Whistler, B.C., Saturday. Whistler Blackcomb Holdings Inc. narrowed its third-quarter loss to \$10.2 million and increased its revenues, noting the recent ski season had challenging conditions. The ski resort company had a loss of 15 cents per diluted share, down from a loss of \$12.2 million, or a loss of 19 cents, in the same quarter last year. Revenue was up 16 per cent to \$34.5 million. Revenue per visit was \$87.81, up 3.1 per cent. Whistler Blackcomb is the largest four-season mountain resort in North America. JONATHAN HAYWARD/THE CANADIAN PRESS

Autistic and an entrepreneur

A growing movement to find work for autistic people is helping some start their own businesses.

Work requiring an attention to detail and with repetitive tasks is ideal for an autistic person who wants to start a business, says Gregg Ireland, co-founder of Extraordinary Ventures, a Chapel Hill, N.C.-based organization that creates jobs for the autistic. Ireland's son Vinnie, who is autistic, has a busi-

Who it affects

1 in 68

One in 68 people have some form of autism, according to government figures in the U.S.

ness doing yard work and landscaping.

People with the mildest forms of autism are able to attend mainstream schools, including college. Many do

well at jobs that focus on details. They may struggle in jobs that require them to have continual contact with co-workers or the public.

Advocacy groups are looking for ways to create business opportunities for autistic people. For example, the Southwest Autism Research & Resource Center, based in Phoenix, helps autistic people start home-based food businesses.

THE ASSOCIATED PRESS

Pg. 148 helps sell your house.

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ARE WE THE CITY WE THINK WE ARE?

Passionate opinion is in greater supply than complete information from Ferguson, Mo., where the police shooting of a black teenager has provoked days of protests — some of them destructive — and police responses of varying intensity.

Even while the mess is hot, some debate the “militarization” of police and a curious American policy of providing even small forces with surplus military gear, as if policing and war were the same job, the tools interchangeable. It’s perhaps understandable if officers provided with these military-grade hammers keep an eye peeled for nails.

The most unavoidable and uncomfortable topic the Ferguson incident stirs up, though, is race. As we’re repeatedly reminded, the population of Ferguson is 67 per cent black. Of their 53-member police force, 50 are white — 94 per cent. The contrast between the community and the police sworn to protect it is stark.

It’s easy to tell the difference between Ferguson and Ottawa.



URBAN COMPASS
Steve Collins
ottawa@metronews.ca

We’re permitted to go outside after midnight, for example, and we’re more likely to encounter ragweed out there than tear gas. But according to the Ottawa Police 2012 Workplace Census released this spring, only 10 per cent of our force belongs to a visible minority. The 2011 census counted almost twice that proportion of visible minorities in Ottawa-Gatineau’s population: 19.2 per cent.

This is by no means a Ferguson-league gap between police and public, but it’s a disparity nonetheless. This is not to say the force doesn’t take diversity seriously and actively recruit minorities. The census itself, unique among Canadian police, is evidence they’re willing to ask the right questions about their composition.

Ottawa police are also engaged in the thorough paradoxical exercise of reassuring the public about their colour-blindness by actively noting the race of every person they subject to a traffic stop. This study is part of a settlement with the Ontario Human Rights Commission. The original

2005 complaint came from Ottawa resident Chad Aiken, who was driving his mother’s Mercedes when he was pulled over by police and, he claimed, harassed and assaulted. He’s black and believed that was the main reason he was pulled over. His girlfriend used her phone to record him demanding one officer’s badge number. “666 is my badge number,” was the reply. Aiken was ticketed for having a burned-out bulb on his licence plate.

Sgt. Steven Desjourdy, found guilty in April of discreditable conduct in a notorious 2008 cellblock strip-search, faced a penalty hearing about the incident last week. I’ve frankly lost track of whether I’m currently allowed to publish the name of the woman in that cellblock video — so convoluted has this case been — but you probably know it. It’s also quite evident that she’s black. Her notoriously bad night in the cells began when she was stopped by cops while walking home from a party. They initially let her pass, but after she asked why she’d been stopped, she found herself en route to 474 Elgin.

Even in light of these egregious incidents, it’s clear we’re no Ferguson. But maybe we’re not always the Ottawa we tell ourselves we are, either.

Whatever floats is your boat



Kevin Kennedy, foreground, competes in the Anything That Floats Race in Key Largo, Fla., over the weekend. Named Freedom of the Seas, Kennedy’s entry was created from a blue plastic barrel and foam blocks for stability. The offbeat event in the Florida Keys challenged entrants to race in whatever they could find or build that provided buoyancy. ALL PHOTOS BOB CARE/FLORIDA KEYS NEWS BUREAU/THE ASSOCIATED PRESS

Buoy oh buoy! Florida hosts annual water-thingy race

Hundreds of spectators cheered as amateur boat builders paddled and sculled their self-made racing crafts to the finish line during this weekend’s annual Anything That Floats regatta race in the Florida Keys.

Teammates from Florida, Virginia, Nevada, Michigan, Ohio, Illinois and Pennsylvania brought self-propelled

watercraft they built using common yet unsinkable household items.

An eight-person team crafted its entry, Flight From Hell, out of metal military cargo cases lashed together with web straps and rope. It won the award for the Best Unlimited Boat.

Mary Walker and Matt Hetman created Wilson’s Revenge as a tribute to the Tom Hanks movie Castaway. Among the materials used: FedEx boxes, a palm tree and a volleyball. **FLORIDA KEYS NEWS BUREAU/CBSLOCAL.COM**

That’s way too much pop

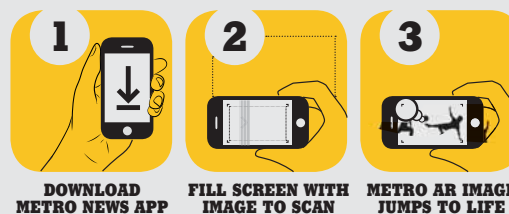


The Coke Float.

- Garnering Most Creative was Coke Float, crafted by George and Kristyn Silver, who used Saran Wrap to enclose 99 two-litre plastic soft-drink bottles in the shape of a boat.

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 9 in Scene and page 17 in Sports.

To see pages from Metro spring to life, simply download or update the Metro News app available from your device’s app store and follow these three easy steps:

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MetroTube

Case of the Mondays? Seal pup on Sea-Doo may or may not help



ANDREW FIFIELD
andrew.fifield@metronews.ca

Listen: it’s Monday, and odds are good that you’re not where you’d prefer to be right now. But that’s no reason to start the week on a negative note. Here’s video of a friendly seal pup cruising up to say hello to a couple on a Sea-Doo. Yeah, yeah, being part of a couple on a Sea-Doo might be exactly where you want to be right now, and if that’s the case, we apologize for bringing that up. But, come on, look at how cute that damn thing is. (Michael Borthwick/YouTube)



THE ASSOCIATED PRESS FILE

Ebooks



Riddle of the Black Cat

By J.W. Rinzler

iBooks/Kindle

• • • • •



MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

Edgar Allen Poe's famous detective, Auguste Dupin, takes on the insanity defence in this animated retelling of one of Poe's darkest tales. Stellar voice acting and imaginatively possessed illustrations offer wonderfully grisly hysterics. Rinzler's take is a creative one and the added analysis is insightful, yet still it can't match the original short story's powerful spell. Thankfully that's included, too.

Box office

Fans still shelling out for TMNT

Teenage Mutant Ninja Turtles came out on top this weekend, while Sylvester Stallone's *The Expendables 3* was easily out-gunned in its debut. The turtles took in \$28.4 million in its second weekend. That surpassed the fourth place \$16.2 million earned by *The Expendables 3*. *The Guardians of the Galaxy* came in second with \$24.7 million. *Let's Be Cops* took third spot. **THE ASSOCIATED PRESS**

Bringing Diana Gabaldon's Outlander world to life

Long time coming.

Writer always worried about her work getting screen treatment, until she met the producer of *Battlestar Galactica*



RICHARD CROUSE

scene@metronews.ca

Diana Gabaldon is notoriously protective of her work. Her website asks amateur writers to refrain from producing any fan fiction based on her characters and it has taken decades for her to OK a screen adaptation of her best known novels, the eight-part *Outlander* series.

The former academic-turned-best-selling-author writes thick books that Entertainment Weekly describes as containing a "time-hopping, continent-spanning salmagundi of genres."

Since the publication of the first *Outlander* book in 1991, rumours of a film franchise have flitted about, with big names like Liam Neeson and Sean Connery attached. The mix of romance, time travel and adventure sounds tailor-made for the screen, but Gabaldon wanted to make sure the story was told properly.

"*Outlander* is a very big story," she says. "The very intricate plot fits together like the pieces of a watch. You start pulling things out and the whole thing isn't going to work. Consequently a two-



Caitriona Balfe and Sam Heughan star in the TV adaptation of *Outlander*, premiering Aug. 24 on Showcase. CONTRIBUTED

hour movie cannot be made and reflect the integrity of the work."

Enter *Battlestar Galactica* producer Ronald D. Moore who says he "read the book and was quite taken by it. It's a page-turner in the truest sense of the word. I really liked the central character of Claire be-

cause she was intelligent and strong; very capable and interesting."

He saw *Outlander* not as a movie, but a television series.

"There were surprises along the way, reversals of fortune I didn't see coming," he says, "which I thought would be really great for a television

AUGMENTED REALITY

→ Want to watch a trailer for the upcoming television series *Outlander*? Scan this photo with your Metro News app.



→ See the full instructions on Metro's Voices page.

series. I got it. We'd do one season a book and there's seven more books in the series."

His take on the material won Gabaldon over. "I told Ron when I saw the pilot script, 'This is the first thing I've seen based on my work that didn't either make me turn white or burst into flame.'"

The show, which premieres Aug. 24 on Showcase, stars Irish model/actress Caitriona Balfe as Claire Randall, a married Second World War combat nurse mysteriously transported back in time to 18th-century Scotland.

"We're trying to keep the show grounded throughout," says Moore. "You want to really believe that both those places exist. I'm a strong believer in the idea that if you're going to take the audience on a fantastical journey, the more believable you make it, the better. That way the audience will go with you when something crazy, like time travel, happens."

Gabaldon gives the show her stamp of approval, saying, "I feel very fortunate to be able to share with them in this production."

2 SCENE



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Beyoncé and Jay-Z. ALL PHOTOS: GETTY IMAGES

The drama just won't quit for Bey and Jay

Beyoncé and Jay-Z just can't catch a break. Amid the swirling rumours about trouble in their marriage, a homeless woman, Tina Seals, has filed a lawsuit asking for financial compensation because she claims to be the biological mother of their daughter, Blue Ivy, according to Radar Online. The bizarre handwritten filing states, "Through mutual associates Plaintiff (myself) provided DNA egg for Beyoncé and Jay Z and look to work out some type of (sic) contractual agreement with Defendants that: a) Would compensate me for my

services with reference to Blue Ivy Doe. B) Would remove any criminal liability associated with the unlawful use of my DNA for the parties involved. C) Would terminate Plaintiff Parental Rights immediately and extend full parental rights to Defendants w/o Plaintiff support." Seals has filed similar suits against Kanye West and Janet Jackson, so take that for what it's worth. She is requesting DNA testing on Blue Ivy and "mandated mediation pending test results" because "I desire to preserve this relationship as these are great people."



Andrew Keegan

Andrew Keegan: From teen star to California cult leader?

Actor Andrew Keegan — remember 10 Things I Hate About You? — has a new gig as the leader of a spiritual movement called Full Circle that's totally not a cult. Vice sent a reporter to check out the new religion, based in Venice Beach, Calif. Apparently, Keegan started the religion after he was attacked by gang members in 2011. "The significance of this occurrence is that it happened at the same time the tsunami hit Japan," Keegan says. As for

whether this makes Keegan a cult leader? Vice's reporter writes, "(A church member that goes by) Third Eye explained that he was part of the 'inner circle,' composed of eight core members, all of whom are led by the founder Andrew Keegan. All the members are 'enlightened' and have come together to initiate change. While they are co-operative, Keegan is the official leader who has, as Third Eye put it, the 'ultimate say on all things.'"

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



J-Law looks across the pond and finds Chris Martin

NED
EHRBAR
Metro World News in Hollywood

This was certainly ... unexpected. America's Jennifer Lawrence is reportedly dating Coldplay frontman Chris Martin, according to E! News. They've apparently been spending time together since June. After the whole Zac Efron and

Michelle Rodriguez thing — is that still a thing? — it's official: The gossip gods must be crazy. It's like someone at a tabloid office has just been throwing photos of celebrities up in the air and seeing which ones land next to each other.

J-Law, baby, darling, listen: I know you recently re-broke up with Nicholas Hoult and all, but if your only parameters for a boyfriend are tall, British and famous, I could've offered you plenty of other options. Like, I don't know, Peter Dinklage? You know, the guy who plays Chewbacca? I hear he's a very generous lover.



Demi Lovato

Demi dishes on why she's no longer a follower of BFF Gomez

If you're still desperate for some details on why Demi Lovato went and unfollowed former BFF Selena Gomez on Twitter, Bravo's Andy Cohen is looking out for you. During a recent Watch What Happens Live interview, Cohen grilled Lovato on the unfol-

low heard round the world, and though Lovato tried to avoid addressing the topic at all, she finally conceded, "I think it's just one of those things where people changed and people grow apart." You hear that, Gomez? You've changed. Ball's in your court.

Casey Kasem's widow to bury him in Norway

Casey Kasem will finally be laid to rest ... in Norway. The famous DJ's widow, Jean Kasem, is reportedly having his remains transported to Oslo for burial, even though he had no Norwegian heritage, according to the Hollywood Reporter. Reps for Casey's children claim it is all part of Jean's attempts to make it more difficult to confirm allegations that she abused her husband in the years leading up to his death. "We don't know what her plans are," a spokesman for daughter Kerri Kasem says. "We just know that she wants



Casey Kasem

to keep Casey away from family and friends, and by the looks of it, hide from law enforcement."

Twitter



@ladygaga

I have a slight obsession with Sharknado. What even.



@rickygervais

I'm thinking of doing another ice bucket challenge just so I can nominate some more people. Pain versus fun.

@IAmDonCheadle
Aaaaaaand scene...

Can't find cash for your RRSP? You need to look a bit harder

Fast fixes. Nine tips on how to reduce spending and boost your long-term savings



GAIL VAZ-OXLADE
Gail blogs daily at
gailvazoxlade.com

The biggest challenge for new savers is balancing saving with all the other stuff competing for your attention. How are you ever going to find extra money for retirement savings?

Perhaps you're just not looking in the right place.

1. Cook at home. It's so easy to pick up the phone or run through the drive-thru at the end of a killer day. But eating out costs about 10 times as much as cooking at home. This weekend, do some meal planning and cook a couple of big-pot meals like chili, stew, soup, or spaghetti sauce. Freeze a few servings for those busy nights when you're exhausted and just don't want to cook.

2. Make your own coffee. The coffee habit can be deadly. In no time at all, we're drinking two or three cups a day and dropping \$1,500 a year. Brew your coffee at home for the drive in and switch to tea



Brewing your own coffee each morning, and switching to tea in the afternoon, can save you hundreds. ISTOCK

later in the day. Tea is easier to make at work.

3. Get a better phone plan. If you're using your cellphone all the time, and paying a whopping bill, you're a dope. You don't have to give up your cell, just cut your bill in half.

4. Increase deductibles. Would you really make a

claim on your car insurance for under \$1,000? Combine your home and auto insurance and save up to 15 per cent. Raise your insurance deductible to \$1,000 and watch your premium drop.

5. Save money on your mortgage interest. It's as easy as choosing to make accelerated weekly or bi-weekly payments on your mortgage.

When you do, you make the equivalent of one extra payment every year, which could save you four year's worth of interest.

6. Grab the Canada Education Savings Grant. When you invest in a Registered Education Savings Plan, the government gives you money to help with your child's education. If you put

\$2,500 in the plan, the feds will add \$500. That's an immediate 20-per-cent return.

7. Contribute to an RRSP and use your refund to pay down your mortgage. If you're in the 30-per-cent tax bracket and you make a \$3,000 contribution to an RRSP, the tax-man will refund you \$900, which you can use to pay down your mortgage. This is one of the smartest strategies to achieve two goals with one pool of cash.

8. Defer, extend, eliminate and save. Defer some of the things you spend on, like those twice-a-year trips to enjoy some sunshine. Extend the time between routine things such as getting your hair coloured or cut. Cut back on your lawn maintenance and home-cleaning service to once every two weeks. Eliminate frivolities: borrow books, magazines and DVDs at the library, eliminate cable and shop in the thrift stores.

9. Practise living as if you're already retired. The closer you get to boarding the retirement train, the more prepared you need to be. What better way to see how the retirement shoe fits than to try it on. Use the money you save to boost your tax-free savings account, RRSP or emergency fund.

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Too clean or not to clean. Antibacterial agents harmful to health

Recent studies indicate that an obsession with cleanliness could be doing more harm than good. Is it time to part with age-old conventions?

On the docket for this week's 248th National Meeting & Exposition of the American Chemical Society (ACS) was research by Arizona State University citing concerns over the prevalence of two antibacterial compounds and the potential hazards they could pose to pregnant women.

Thought to be used in more than 2,000 everyday cleaning products including conventional hand soap, the two compounds, called triclosan (TCS) and triclo-

carban (TCC), are difficult to avoid.

According to lead author Rolf Halden, PhD., a long-time opponent of TCS and TCC, the compounds contribute to the increasing problem of antibacterial resistance. Triclosan, for one, has been used in everything from toys to socks to yoga mats.

As news spreads about the potential health and environmental dangers of TCS and TCC, webpages are popping up highlighting products that are free of at least one of the compounds.

Two good resources for more information on the topic are soap.com and food-andwaterwatch.org. AFP

Timely tips for tots

Too much cleanliness can be dangerous for babies. A study from Johns Hopkins University concluded that exposing newborns to dirt and animal dander is actually good for their immune systems. "Many of our immune responses (are) shaped in the first year of life," explains study author, Dr. Robert Wood. "Certain bacteria and allergens play an important role in stimulating and training the immune system to behave a certain way."

AFP



Cleaning too much can do more harm than good, studies suggest. ISTOCK

3
TIPS

Money 101. Two couples, one year to make them richer

Continuing to slay the debt monster



Since January, I have coached two Canadian couples toward drastic financial improvement. To date, each couple has raised their net worth by more than \$25,000. Now, as we close in on the final months of their 2014 money makeovers, these Metro Money Couples are celebrating their progress while learning techniques to crush their debts. – *Lesley-Anne Scorgie*



To celebrate their financial progress, Anne-Marie and Peter are planning a trip to Ireland. SHUTTERSTOCK

Anne-Marie and Peter

Anne-Marie and Peter cracked \$100,000 in net worth this month thanks to strong investment performance and significant payments towards debt.

To celebrate their incredible financial progress, Anne-Marie and Peter have booked a trip that was on sale to Ireland and used their WestJet dollars, which cost \$1,100 for themselves and their baby. In true frugal fashion, they plan to stay for free with friends and maintain a strict travel budget while on holidays later this year.

Thanks to Anne-Marie's larger-than-expected employer "top-up" for her parental leave, the couple's celebratory trip does not derail their plans to be nearly debt-free by the year's end. They are on track to owing \$3,500 by December, which is a \$12,000 difference from the beginning of 2014.

In the middle of July, Anne-Marie and Peter established a registered education savings plan (RESP) for their little girl and have begun contributing \$50 per month into a low-fee, growth-oriented mutual fund. This investment strategy will take advantage of the long-term potential for growth in the large-cap Canadian equity market.

The couple also evaluated their existing investment

Anne-Marie and Peter recap

- | | |
|---|---|
| • Location: Toronto | savings, and are committed to paying off debt |
| • Ages: 37 and 33 | |
| • Occupations: Broadcasting and sports editing | • Rent or own: Rent |
| • Total household income: \$110,000 | • Top goals for 2014: Pay off debt, start an RESP, and begin saving a down payment |
| • Life stage: First child arrived in May | • Current net worth: \$103,000 |
| • Financial savvy: Medium to high — they use budgets, have retirement | • Homework from last month: Set up their daughter's RESP and change their investment holdings |

holdings, taking into consideration account fees, risk tolerance and investment time frame. They made the decision to approach their RRSP investments with the same strategy as their daughter's RESP account.

I also circled back with Anne-Marie and Peter on their goal of saving for a down payment. Though the couple is still committed to owning a home, steep real estate prices in Toronto make home ownership a longer term endeavour.

There are two ways they could expedite saving for their down payment. The first is for Peter to secure a large freelance contract or a significant

raise through his work while Anne-Marie is on maternity leave. The second would be to borrow, or receive as a gift, money from a relative. Giving an early inheritance is popular as older family members wish to help out younger family members, effectively putting their money to use while they are still alive.

Homework:

In the coming month, Anne-Marie and Peter will meet with a licensed life insurance broker and investment adviser to review their down payment options.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.



As a way to continue to grow their income, Carolina plans to teach piano lessons. SHUTTERSTOCK

Carolina and Jose

New homeowners Carolina and Jose spent last month working through their post-move budget using their favourite online budgeting template. They have had specific revisions to the following expense categories:

- Monthly rent has become a mortgage payment;
- Property taxes, home insurance and condominium fees have been added; and;
- They have increased their savings account contributions.

Carolina and Jose have calculated that once their monthly expenses are paid, they will have approximately \$350 left.

Given that the couple is earning more than they are spending for the first time in their marriage, I recommended they follow the two-third, one-third rule. With their budget surplus, they would apply two-thirds towards debt and one-third towards savings for small home repairs and improvements.

Though the couple still qualifies for repayment assistance from Canada Student Loans, effectively offering them temporary relief from having to make payments, they have decided to take the bull by the horns and tackle the outstanding balance head-on by starting to pay \$200 per month. The simple act of taking control of their debt repay-

Carolina and Jose recap

- | | |
|---|---|
| • Location: Calgary | budget, purchased a home, are very frugal, and have no retirement savings |
| • Ages: 33 and 32 | |
| • Occupations: Stay-at-home mom and roofing | • Rent or own: Own |
| • Total household income: \$62,000 | • Top goals for 2014: Pay off debt, buy a house, and visit family |
| • Life stage: Three daughters, aged five, three and one | • Current net worth: – \$5,600 |
| • Financial savvy: Medium — they have established a | • Homework from last month: Create a list of home improvements and a revised budget |

ment plan has helped Carolina feel less overwhelmed about the size of their outstanding debt, which is \$20,900.

The couple continues to work towards growing their income, and Carolina has turned to her sewing and piano to make money. She plans to prepare crafts that can be sold as the winter holidays approach while beginning to teach piano lessons. Both business endeavours allow her to stay at home with their children.

Jose has taken on greater responsibilities at work and plans to ask for an additional raise in his upcoming performance review. Jose will also

negotiate compensation for past freelance work.

With the money the couple expect to earn from their extra income, they will again follow the two-third, one-third rule, but rather than simply allocate one-third into their savings account, they will begin contributing to RRSPs.

Homework:

Carolina and Jose will establish RRSP accounts and review market salary levels for Jose's profession. Jose will also negotiate compensation for past freelance work.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF WELL-HEELED.

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A slow start to your success story?

Beat the entry-level blues. What to do when those first sparks of workplace passion dull to a flicker

LAKSHMI
GANDHI

Metro World News

Television and movies may be littered with 20-something characters who seem directionless when it comes to their careers, but author Mary Traina says she finds the opposite is true of young professionals today.

"Millennials are very hard workers and very idealistic," says Traina, a blogger for HelloGiggles and author of the new book *The 20-Something Guide to Getting it Together*.

But, she adds, "I think a lot of early 20-somethings hit a rut (when it comes to figuring out their career paths) and I think part of it is not knowing what you want."

Traina says young profes-



Don't forget when you're feeling stalled at work that the first few years are frustrating for us all. GETTY IMAGES

sionals feeling stuck in entry-level jobs should pay attention to these tips to get their careers on track.

No one is going to pluck

you out of obscurity

When Traina first began working at a television production company in her early 20s, she spent almost all of her time at the office, work-

ing over 12 hours most days.

"I was working really hard," she recalls, "and I thought someone would basically say, 'We should reward this girl for just being there.'" Most workplaces don't actually work that way.

wasting their time.

"Take a little bit more control," she says. "I don't think 20-somethings should ever feel like they are annoying someone by asking for advice."

be required. Traina advises talking to friends and acquaintances about their jobs and taking classes and workshops to discover the answer.

Remember, your first job won't be your dream job

"You aren't going to be happy for the first couple of years in your career," Traina reminds readers. Most entry-level jobs are administrative. Acknowledge that this is the reality for most careers, and adjust your expectations accordingly.

Volunteer to do tasks for higher-ups to get noticed

"It was face time with important people at the company," says Traina of why she would take on these tasks. "You are there as a sponge. While you are cleaning that filing cabinet, you are seeing the inner workings of the company." Increasing your visibility at work and diversifying your skills is key.

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You have the right to advocate for yourself

Traina finds that many entry-level employees are hesitant to speak up about their ambitions or future plans because they are worried about rubbing people the wrong way or

Picture your next step

"It's important to think to yourself, 'What are the next options for me?'" Traina says. She advises asking yourself if you'd want the job your direct supervisor has, and why or why not.

Some detective work may

Don't wallow in misery

- It can be easy to constantly vent to friends and family about work frustrations. "But the more you complain, the more you want to complain," says author Mary Traina. She suggests using your downtime — which is precious — to really unplug from work and to enjoy spending time with those you care about.



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Put pen to paper or take a pause

Should I stay or should I go now? Two professionals reflect on the differing decisions they made after high school graduation

**ETHAN
ROTBERG**
life@metronews.ca

As soon as you throw your high school graduation cap in the air, you're left with two choices: continue your studies at a post-secondary institution, or take some time off to work or travel before deciding what comes next in your life.

Metro spoke with two professionals who followed opposite roads after high school, each one leading to both strife and success along the way.

Straight to school

Sarrah Young went directly



Sarrah Young. CONTRIBUTED

from high school to a double-major degree program at Trent in psychology and criminology. She currently works as an office manager/executive assistant to the CEO in a non-profit setting.

Why did you choose the path you took?

I had no idea what I wanted

to do. I thought going straight into post-secondary school would help me figure it out.

What were the challenges or advantages?

Part of my personal challenge stemmed from being so young. The jump from high school to university is huge and I was



Andrew James. CONTRIBUTED

not ready for the steep learning curve. I don't think that I was mature enough to handle the pressure of looking after myself, getting to class, and maintaining my grades. It's a lot of pressure at that age.

But going straight to post-secondary forced me to grow up and to take responsibility

Independence in an instant

"If I couldn't get to class on time, that was on me and no phone call from my mom was going to make it better."

Sarrah Young

for the decisions I made. If I couldn't get to class on time, that was on me and no phone call from my mom was going to make it better. That provided a sharp kick in the butt that I needed and shaped the work ethic I have today.

Break before books

Andrew James spent several years after high school working odd jobs before settling into the television broadcasting program at Seneca College at the age of 25. He currently works as a media specialist for a small marketing company based in Toronto.

Why did you choose the path you took?

I grew up in a very rural area and I decided that I would rather move to the big city of Toronto. Of course moving to Toronto meant having to find a job. This, combined with the fact that I couldn't imagine myself doing any particular job for more than a couple years, meant I just didn't feel ready to take the leap into post-secondary education at that time.

What were the challenges or advantages?

The main challenge of waiting until I was almost 25 before I started my post-secondary education was family pressure to enrol — certain members of my family came from traditional backgrounds that placed a massive value on going to college or university. Dealing with the idea that I was disappointing them was difficult.

On the other hand, college was the best experience of my life to date. Most of the others in my program were closer to my age than I had expected.

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Dress up salmon with a pistachio-topped apricot and ginger glaze

Salmon with Apricot Ginger Glaze. You can bake or barbeque this healthy dish



ROSE REISMAN
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FLASH FOOD



From your fridge
to your table in
30 minutes or less

Salmon is always a great entrée any time of year.

It's recommended that we eat two servings of fish per week. Salmon is loaded with heart-healthy, brain-boosting omega-3 fatty acids.

For the best flavoured salmon, I enjoy Atlantic, but if

Ingredients

- 4 salmon fillet (6 oz each)
- 2 tsp Dijon mustard

Apricot Glaze

- 1/2 cup apricot jam
- 1 tsp sesame oil
- 1 tsp soy sauce
- 1/2 tsp chopped garlic
- 1/2 tsp chopped fresh ginger
- 1/2 tsp hot sauce
- 1/4 cup finely chopped pistachios

Garnish

- 1/3 cup thinly sliced dried apricots



This recipe serves four. ROSE REISMAN

you're concerned about toxins in our fish supply, you are best to purchase organic or wild salmon.

Wild salmon spends most of its life in the open ocean and has very low levels of pollutants and toxins.

You can either bake or bar-

becue your fish.

The rule of thumb for all fish is to measure at the thickest part and cook 10 minutes per inch at 425 F. You will also know when the fish flakes easily with a fork and is no longer opaque. Salmon is always tastiest when

slightly undercooked rather than overcooked.

Feel free to substitute peach jam for apricot if you'd like.

I purchase my dried fruit and nuts from a bulk store and keep them in the freezer so they will keep for months.

This way you always have them on hand.

Directions

1. Spread mustard over top of salmon fillets.

2. Combine all ingredients for glaze. Brush half over

salmon and sprinkle with chopped pistachios. Bake salmon at 425 F for 10 minutes per inch, about 10 to 15 minutes.

3. Spread apricots over top of the fillets. Serve with remaining glaze.

Maple sweetens veggie side

We're always looking for a great-tasting side dish, but who doesn't tire of plain old steamed vegetables, meal after meal?

This veggie dish looks dy-

namic and can accompany any main entrée.

If possible, purchase rainbow carrots, which are a variety of different coloured carrots.

Have fun with deep purples, dark red, white and bright yellow variations.

The addition of the maple syrup glaze is subtle and just enhances the sweetness of both vegetables.

Directions

1. Steam or microwave the carrots at high just until they are barely tender, approximately 4 minutes. Drain and set aside.

2. Steam or microwave the

sugar snap peas just until they are barely tender, approximately 3 minutes. Drain and set aside.

3. In nonstick skillet, heat the olive oil, maple syrup and cinnamon.

4. Add the carrots, and peas cook for 1 minute. Serve sprinkled with pecans and parsley.

ROSE REISMAN BRINGS HOME LIGHT COOKING (MCM BOOKS) BY ROSE REISMAN.



This recipe serves four. ROSE REISMAN

Ingredients

- 1/2 lb carrots, sliced thinly horizontally (rainbow variety if available)
- 1/2 lb sugar snap peas
- 1 1/2 tsp olive oil

- 3 tbsp maple syrup
- 1/2 tsp cinnamon
- 2 tbsp chopped pecans, toasted
- 2 tbsp chopped fresh parsley

LPGA

Park keeps her title with win at Wegmans

Inbee Park successfully defended her title in the LPGA Championship, beating Brittany Lincicome with a par on the first hole of a playoff Sunday to end the United States' major streak at three.

Park finished with a 2-under 70 to match Lincicome at 11-under 276. Lincicome had a 71.

The South Korean player won her fifth major title and fourth in the last two seasons.

THE ASSOCIATED PRESS



Inbee Park
GETTY IMAGES

Wyndham

Villegas returns after four years

Camilo Villegas finished his final round in the Wyndham Championship and didn't have to hit another shot to win his first PGA Tour title since 2010.

Villegas shot a 7-under 63 and finished at 17-under 263. He earned US\$954,000 and 500 FedEx Cup points in the final regular-season event.

When the rest of the field struggled late, Villegas wound up with his fourth PGA Tour title and first since the 2010 Honda Classic. THE ASSOCIATED PRESS

Tackled in the final, but heads held high

Best finish. At their first appearance in a women's World Cup final, Canadians fall to England 21-9 in Paris

You could almost hear the sigh of relief from her English teammates as Emily Scarratt broke through one tackle, evaded another and touched down in the corner of Canada's end zone.

After having to fight for every inch against a resilient Canadian team, England needed a stellar solo effort from its star centre to cement a 21-9 win over Canada in the women's rugby World Cup final.

Scarratt scored 16 points on Sunday, including 10 straight to close the gold-medal game, as England won its second World Cup, 20 years after its first.

After England dominated in the first half, Canada closed to within two points on a Magali Harvey penalty halfway through the second. But Scarratt kicked a penalty of her own a minute later, then capped the scoring with a try six minutes from the end of regulation.

"We had a couple of opportunities to score tries that could have made a difference, but because we didn't then they were full of confidence and more physical and fresher than us," Canada coach Francois Ratier said.

"When you have two opportunities and you don't



Mandy Marchak of Canada is tackled by Rachael Burford and Katy Mclean of England during the women's rugby World Cup final at Stade Jean-Bouin on Sunday in Paris, France. JORDAN MANSFIELD/GETTY IMAGES

score, then it's almost impossible. It's not a question of passion or heart. It's just a question of in the final of any sport, if you don't score when you have the opportunities, then the other team will take them."

Scarratt received the ball from a lineout and ran past Mandy Marchak, fended off fullback Julianne Zussman and ran the ball in to give England some much-needed breathing room. She kicked a conversion to cap a spectacular tournament for the England centre.

"It's just a missed tackle,"

Ratier said. "We tried to tackle high but (Scarratt) has a really strong upper body. We should have gone lower but that's the way it is."

Harvey had all of Canada's points on three penalties and finished the tournament with 61 points, second only to Scarratt's 70.

It was Canada's first appearance in the World Cup final. Its previous best finish was fourth, which it did in three consecutive tournaments from 1998 to 2006. England, meanwhile, ended 16 years of heartache by finally winning it

AUGMENTED REALITY

→ Scan the image with the Metro News app for a photo gallery of Sunday's final.



→ See the full instructions on Metro's Voices page.

after finishing as runner-up to New Zealand in the last three tournaments.

THE CANADIAN PRESS

4 SPORTS

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English Premier League. Defending champs open season with clean sheet

Two days into the English Premier League season, there is a familiar sight at the top of the standings.

Manchester City began the defence of its title with a 2-0 away victory over Newcastle on Sunday, with star forwards David Silva and Sergio Aguero scoring at St. James' Park.

Liverpool — the runner-up last season — was less convincing against Southampton at Anfield but still took the three points, with Daniel Sturridge's 79th-minute goal clinching a 2-1 win in the team's first match of the post-Luis Suarez era.

Raheem Sterling put Liverpool ahead in the 23rd, but Brendan Rodgers' side struggled for fluency and Nathaniel Clyne deservedly equalized for Southampton in the 56th.

With Burnley-Chelsea wrapping up the first round of fixtures Monday, City is the only team to have won by more than a one-goal margin.

Bidding for a third English league title in four years, City began the season in ominous

Quoted

"We have talked to the squad about the two H's — hungry and humble. We need both if we want to continue winning titles and improve on what we did last season."

Manchester City manager Manuel Pellegrini

fashion with a clean sheet and a professional performance, sprinkled with opportunistic goals.

Spain playmaker Silva raced on to an impudent back-heel from Edin Dzeko to open the scoring with a low finish in the 38th minute.

Newcastle applied pressure in the final 15 minutes, only for Aguero to add a second on a counter-attack in stoppage time, the Argentina striker slotting into the far corner after his first shot was parried out to him by goalkeeper Tim Krul.

THE ASSOCIATED PRESS

62-minute match

Serena cruises past Ivanovic for title

Serena Williams got one of her most elusive titles on her sixth try.

Williams needed only 62 minutes to beat Ana Ivanovic 6-4, 6-1 on Sunday in the Western & Southern Open for a personal breakthrough. She'd never even reached the finals in Cincinnati until last year, when she lost to Victoria Azarenka on a third-set tie-breaker. THE ASSOCIATED PRESS

Perfect in the finals

Federer wins 6th tourney in Cincy

Roger Federer won an unprecedented sixth championship in Cincinnati, overcoming one bad set.

Federer extended his record of finals perfection in Cincinnati, beating David Ferrer 6-3, 1-6, 6-2 in the Western & Southern Open on Sunday. He's won all six times he's reached the tournament's title match. THE ASSOCIATED PRESS



Conor Gillaspie of the White Sox hits a grand slam against the Blue Jays on Sunday in Chicago. JONATHAN DANIEL/GETTY IMAGES

Gillaspie slam clips Blue Jays' wings

MLB. White Sox send birds spiralling down to their 11th loss in their last 15 games

Conor Gillaspie leads the Chicago White Sox with a .311 batting average, and on Sunday the third baseman led them to a win with a rare burst of power.

Gillaspie hit his first grand slam and Jordan Danks added a two-run shot to cap a six-run first inning, and the White Sox held on to beat the Toronto

On Sunday

7

White Sox

5

Blue Jays

Blue Jays 7-5.

Gillaspie connected for just his fifth homer and Danks hit his second off Toronto's Drew Hutchison (8-11), who lost for the fifth time in seven decisions.

Danks nailed a 2-2 pitch off

the 23-year-old Blue Jays right-hander, who pitched seven innings and limited the White Sox to one run after the first.

"It was just through the hands with two strikes and put it in play hard," Gillaspie said. "You know sometimes you get them up in the air, sometimes you miss them."

"It was definitely a good jump-start to the game."

Chicago right-hander Scott Carroll (5-7) went 5 2/3 innings and allowed five runs on eight hits and three walks.

Toronto's Edwin Encarnacion hit a two-run homer, his 27th this season and first since

returning from the disabled list on Friday. The Blue Jays have lost five of six and 11 of 15 to fall 7 1/2 games behind Baltimore in the AL East and four behind Seattle in the AL wildcard race.

Hutchison has given up six runs or more in four of his last seven starts.

"I had two outs, and I had two strikes," Hutchison said of the Gillaspie's at-bat. "I had a good chance to get through the inning with no runs and I gave up six and put us in a big hole."

Danks added a third RBI on a sac fly in the sixth.

THE ASSOCIATED PRESS

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Jockey Luis Contreras guides Ami's Holiday to victory in the 124th running of the Breeders' Stakes in Toronto on Sunday. MICHAEL BURNS/HO/THE CANADIAN PRESS

Breeders' Stakes. Third race of Triple Crown is the charm for Ami's Holiday

Ami's Holiday couldn't find a clear path to the winner's circle in the Queen's Plate or the Prince of Wales Stakes, so he got another chance in the Breeders' Stakes.

Under a clean ride from jockey Luis Contreras on Sunday afternoon, Ami's Holiday cruised by horses on the outside to win the \$500,000 final jewel of the Canadian Triple Crown.

Second to Lexie Lou in the

Queen's Plate on polytrack and third to Coltimus Prime in the Prince of Wales on dirt, Ami's Holiday validated trainer Josie Carroll's confidence by winning on the turf course at Woodbine Race Track in Toronto.

"I think it says a lot about this horse," Carroll said. "Not many horses can do all three and do them well, so I just think we have an exceptional horse." THE CANADIAN PRESS

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

The Sun in Leo gives you a head start over rivals and you must use it to pull ahead of them. Think about ways you can improve on your current position.

♉ Taurus

April 21 - May 21

Splash out and buy yourself something that makes you feel good. You may regret it later when your credit card bill is due but you need something to cheer you up right now.

♊ Gemini

May 22 - June 21

Venus urges you to let that special someone know they are the best thing that ever happened to you. Speak up now; the romantic glow will last until the end of the year.

♋ Cancer

June 22 - July 23

Get routine matters out of the way early, because the second half of the day will bring some lovely surprises. If an invitation arrives, you must take it — it could change your life.

♌ Leo

July 24 - Aug. 23

Venus links with Jupiter, planet of good fortune making it easy to attract the things you need. One thing matters above all others, so make it your priority.

♍ Virgo

Aug. 24 - Sept. 23

Get together with people whose outlook on life inspires you and soon your problems will no longer exist.

♎ Libra

Sept. 24 - Oct. 23

Try not to see conspiracies where none exist. People are not talking behind your back — and if they are it's because they are planning a surprise treat for you.

♏ Scorpio

Oct. 24 - Nov. 22

Someone you love is in need of a confidence booster. Use your sharp wit to bring back the smile to their face. They won't be feeling under the weather for long.

♐ Sagittarius

Nov. 23 - Dec. 21

Create something out of the ordinary today by focusing your mind in a single direction. Extraordinary, even outrageous, things will start to occur soon.

♑ Capricorn

Dec. 22 - Jan. 20

Friendships and finances are well-starred today, so arrange a trip of some kind — maybe a shopping expedition — with your best friend.

♒ Aquarius

Jan. 21 - Feb. 19

Don't worry if a relationship seems to be on the slide because you will get the opportunity to bring it up to scratch again.

♓ Pisces

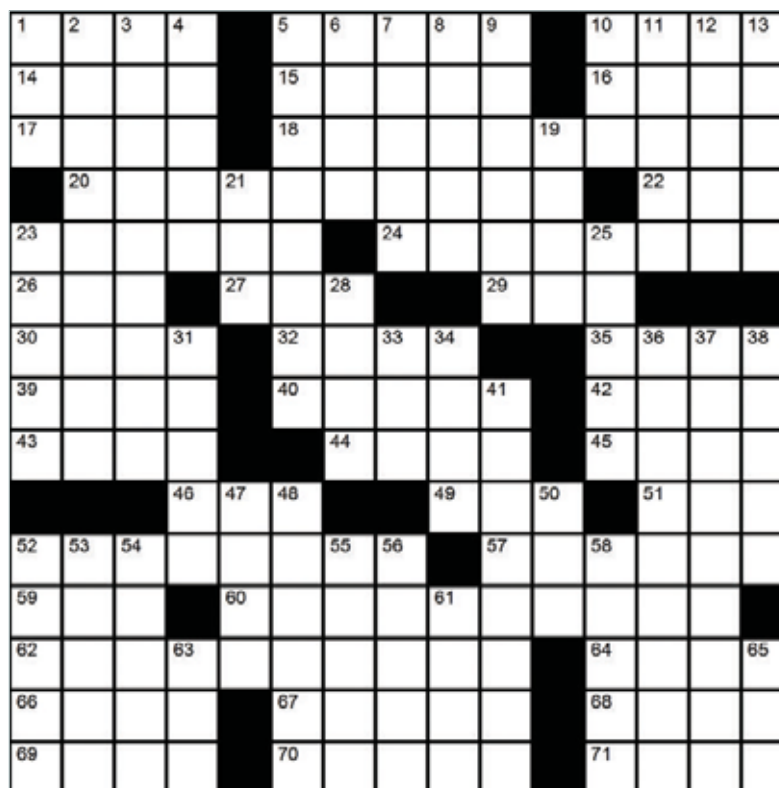
Feb. 20 - March 20

You must be totally honest today, even if what you have to say is not what people want to hear. Worry about how guilty you will feel if you keep quiet and it all goes wrong.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Embassy diplomats, briefly
5. Nice deed, ___ kindness
10. Feedbag fillings
14. Great Big Sea's "___-Mac"
15. Type of bird
16. Tennis great Arthur
17. Singles
18. ___ Controller
20. Pantry staples: 2 wds.
22. "Phooey!"
23. The Bridges at ___ (book by James A. Michener)
24. "Maude" and "Rhoda"
26. Brick carrier
27. Pouch
29. Last day in August, e.g.
30. "I understand already!": 2 wds.
32. Later's opposites
35. Sun News host Mr. Levant
39. Darned
40. Books holder
42. Kin of Eire
43. Coastal bird [var. sp.]
44. Actress Patricia
45. Battle rounds
46. '___' in Elмира
49. YMCA, e.g.
51. Frying ___
52. Varnishes
57. Yankees legend Lou
59. Hankering
60. Toronto: CNE =



- Canadian National ___
62. ___ worker
64. Pre-weekend shout!
66. Actress Ms. Gruning
67. Book
68. Feminizing suffix
69. Bank's bridge?

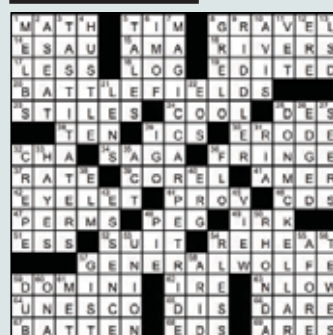
70. Cake-candle countees
71. Illusionist, archaically
- Down**
1. "La Isla Bonita" line: "Te dijo te ___."
2. ___ Prize for

- Fiction
3. "Communication ___" by Chilliwack
4. Captain Benjamin ___, on Star Trek: Deep Space Nine
5. Canadian History: Maritime exiles

6. ___ notes (quiz-taker's no-no)
7. Weight allowances
8. Like keg beer: 2 wds.
9. Southeastern BC mountain city
10. Klutz
11. "The notation

- 'Fortississimo' is shortened '___' ...said the music instructor
12. Crook
13. Six: German
19. "It should come ___ surprise..."
21. Ums' equivalents
23. Over-there items
25. Last letter
28. Actress Mindy
31. Pray
33. Small
34. Smelting waste
36. Dominic ___, actor who plays Dante Falconeri on General Hospital
37. Left
38. The Association's "___ Comes Mary"
41. Jennifer Lopez's fellow dancers on In Living Color: 2 wds.
47. Writer Mr. Waugh
48. Dresden is its capital
50. NYC opera house
52. Emmy-winning Sally Field role
53. "Greetings!"
54. Ms. Okuma of TV's Rookie Blue
55. Ravel ballet, Daphnis et ___
56. Actor Henry
58. "___ Up Style (Oops!)" by Blu Cantrell
61. Max ___. Jr. of "The Beverly Hillbillies"
63. 'Jacob' suffix
65. Price

Friday's Crossword



Online

See today's answers at metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

6	4	2	8	5	1	9	3	7
3	9	1	6	7	4	8	2	5
8	5	7	3	9	2	6	1	4
1	8	5	4	3	6	7	9	2
4	3	6	7	2	9	1	5	8
7	2	9	1	8	5	3	4	6
9	6	3	5	4	7	2	8	1
5	7	8	2	1	3	4	6	9
2	1	4	9	6	8	5	7	3

6	8						5	9
	1			4			8	
		4	2	8	6			
4			7	4				7
			5	3				
		1	3	5	2			
	2		7				3	
5	9						7	6

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